



**Erasmus+**  
Enriching lives, opening minds.

Ommen, Netherlands

8th – 18th October

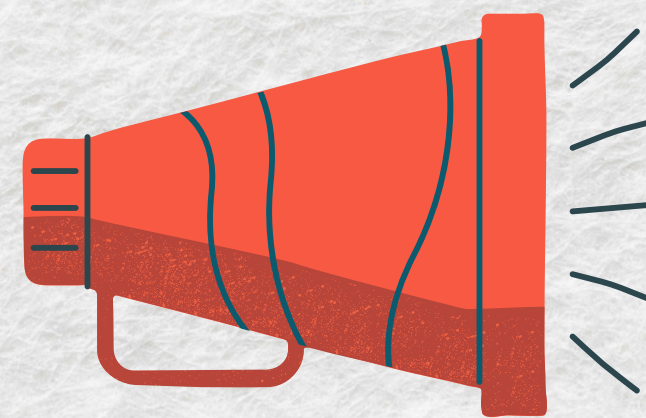
# YOUTH EXCHANGE SHOW OFF

A project for you if you're a young person between  
18–30 passionate about Performing tools such as  
Theatre, Comedy, Dance



# HEY THERE! THIS IS: **SHOW OFF**

- A project through which we aim to support **you** to cooperate better with others, work in a team, and plan and organize activities and workshops.
- The exchange will bring together **40 youngsters** and **10 group leaders** from **10 countries**. Our goal is to nurture personal growth and shared learning through performing arts.
- If you are from The Netherlands, Poland, North Macedonia, Romania, Bulgaria, Italy, Greece, Czech Republic, Serbia, Spain, find out more about the project.



# PARTNERS

**The Netherlands: Synchro Foundation** – [info.synchrofoundation@gmail.com](mailto:info.synchrofoundation@gmail.com)

**Poland: USKRZYDLAMY** – [aga.zawa@interia.pl](mailto:aga.zawa@interia.pl)

**North Macedonia: Scout Unit Mirko Mileski** – [kicevoscouts@gmail.com](mailto:kicevoscouts@gmail.com)

**Romania: Innovation Education Lab** – [innedulab@gmail.com](mailto:innedulab@gmail.com)

**Bulgaria: Environmental** – [askaway.environmental@gmail.com](mailto:askaway.environmental@gmail.com)

**Italy: New Wellness Education** – [newwellnesseducation@gmail.com](mailto:newwellnesseducation@gmail.com)

**Greece: Youth Center of Epirus** – [y.c.epirus@gmail.com](mailto:y.c.epirus@gmail.com)

**Czech Republic: Brno for you** – [anna@brnoforyou.cz](mailto:anna@brnoforyou.cz)

**Serbia: BAPUSS** – [milospavlovic070@gmail.com](mailto:milospavlovic070@gmail.com)

**Spain: Classijazz** – [euclasijazz@gmail.com](mailto:euclasijazz@gmail.com)

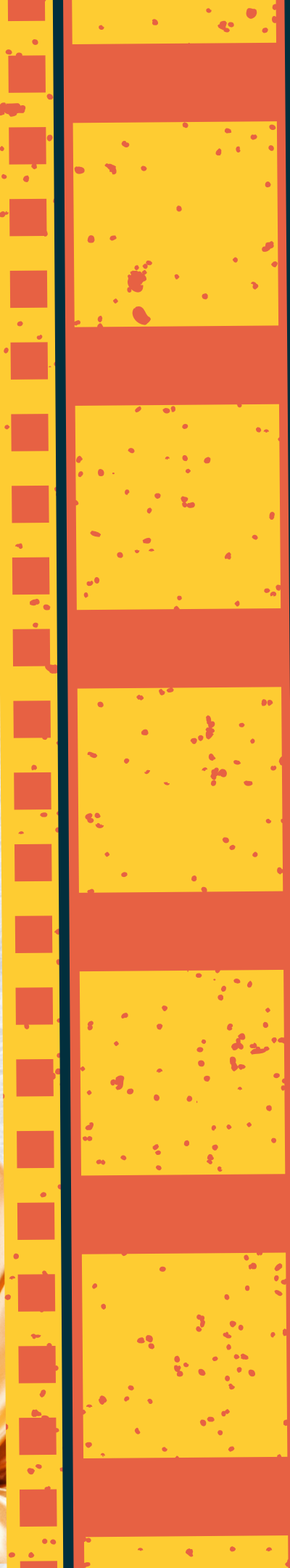
From each partner we welcome 4 participants + 1 Group Leader

We accept participation if you are working closely with the above partners or you want to get to work more with an NGO in your community.



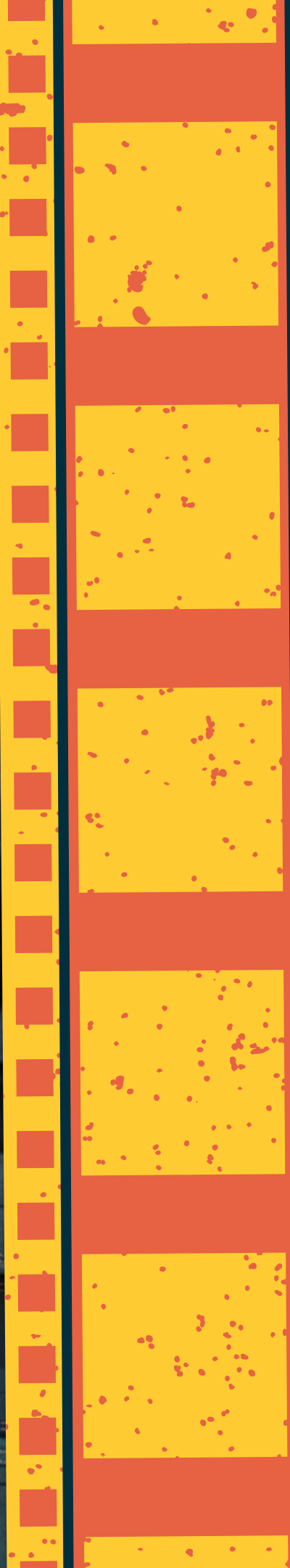
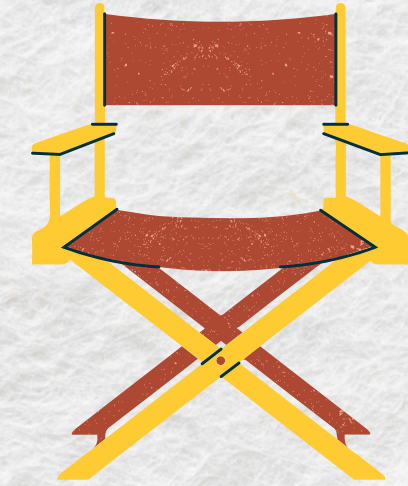
# PARTICIPANT PROFILE

- You are aged between 18 and 30.
- You are willing to develop skills like teamwork, communication, cooperation, creativity, and problem-solving.
- You may feel uncertain about your current life situation and future steps.
- You are encountering social, economic, or geographical challenges and are seeking creative solutions to overcome them.
- You have limited experience in living and working internationally.
- You wish to exchange best practices, engage in creative arts activities, and learn from other young individuals.
- You are excited to participate in the project's Online Assignments, Youth Exchange, and Local Action Phase/Follow-up.
- You are involved in the activities of the partner organization from your country/ or are motivated to work with an NGO in your community.



# GROUP LEADER PROFILE

- You are 18+
- You've been in a Youth Exchange before and you want to learn more about coordinating these exchanges.
- You want to explore your leading style and conduct meetings and reflection sessions with your international group.
- You're open to working in a lively group, using expressive arts for learning.
- You like sharing ideas and practices with others.
- Taking initiative and standing accountable are two elements that are important to you and you want to put them into practice.
- You're committed to being part of all project phases, like the APV, Online Assignments, Youth Exchange, and Local Action Phase/Follow-up
- You're supportive and inclusive, committed to helping others learn through conversations.
- You're actively working with the partner organization in this project from your country





After the project, you'll have the chance to earn a Youthpass certificate recognizing your non-formal and informal learning in Erasmus+ projects.



# KEY LEARNINGS

- Build up communication, teamwork, and creativity through expressive arts methods.
- Pick up problem-solving skills for various challenges in your daily life.
- Boost your confidence by leading activities and learning to make clear agreements.
- Explore new creative approaches to handle tough situations
- Connect with locals in the Netherlands, build playful contexts, and experience on-the-spot creation.
- Organise and facilitate, together with your national group, learning activities based on performing arts.
- Expand your horizons by learning about traditions, customs, and cultural differences.
- Develop lasting friendships with people from Europe and explore opportunities that align with your goals.

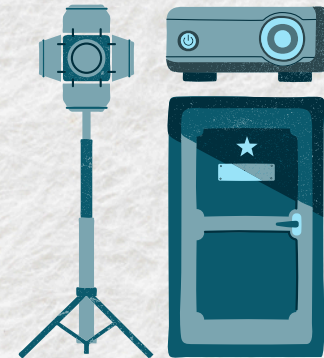
# PROJECT TIMELINE



## APV\*

20th – 21st of  
September

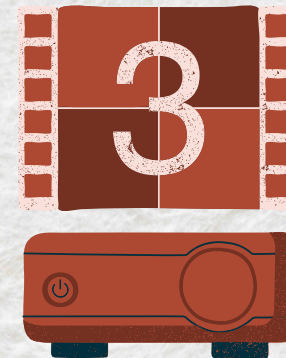
Arrival – 19/09  
Departure – 22/09



## YOUTH EXCHANGE

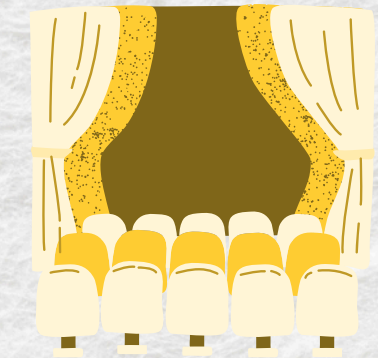
8th– 18th of  
October

Arrival – 07/10  
Departure – 19/10



## LOCAL PHASE

1st of November to  
1st of February



## FOLLOW-UP

15th of February to  
15th of March

\*In the APV we will bring together 1 Participant + 1 Group Leader/ country – a total of 19 people. If you decide to join the APV, then it is a mandatory procedure to join the Youth Exchange as well, to develop the program together and create a sustainable learning experience for everyone.

# EXPECTED RESULTS

“Sharing Success” videos including your learnings as a group, your success, and a short demo with a performing tool

A Community Action in Zwolle, engaging the locals in various performing activities such as theatre/impro theatre, dancing, comedy shows

A final workshop back in your local community, together with your national group, to spread the learnings and engage others in the journey of self-discovery and growth



PROD.NO. 3

SCENE

TAKE

SOUND

13

8

ERASMUS+

DIRECTOR Synchro Foundation

CAMERAMAN Antonio

DATE October

EXT. 8th

INT. 18th

produced by YOU



# TRAVEL REIMBURSEMENT

Erasmus Jeugdinstituut and Erasmus+ offer travel reimbursement for all participating countries in this project.

For the APV you will be reimbursed up to the amount of 309€.

You will be reimbursed for your travel expenses for the Youth Exchange, with the full total amount of 309€ if you come on the side of the partners from Bulgaria, Greece, Italy, Romania, Spain, Serbia, North Macedonia.

If you come from Synchro Foundation, Netherlands the reimbursement is up to 56,00 €.

Some of the partners opted for Green travel in the initial project application, therefore if you are from Czech Republic, Poland, and travel by car/bus/train, then you will be reimbursed the full amount of 417 €.

Participation fee: €50. If you plan your travel efficiently, you can cover the participation fee with the travel reimbursement money. For instance, you can spend €259 on your journey and with the rest of €50 to cover your participation fee. The fee will be deducted from the full amount of reimbursement, €309. The same applies in the case of Green travel.



# VENUE

Both the Preparatory Meeting and the Youth Exchange will take place in Ommen, the Netherlands. The town is peaceful and surrounded by nature, with a beautiful forrest behind the venue. The Accommodation and Food are covered by Erasmus+ and Synchro Foundation. For this project, we rent Olde Vechte Group Accommodation and the training room.



# KEY PEOPLE

The coordinators of this project are represented by a team of international non-formal educators who are creating the frame for you to explore, learn and cooperate with the others. The experience that you will go through, the ideas that you want to explore, the learnings that you get are yours and up to you to make them memorable!



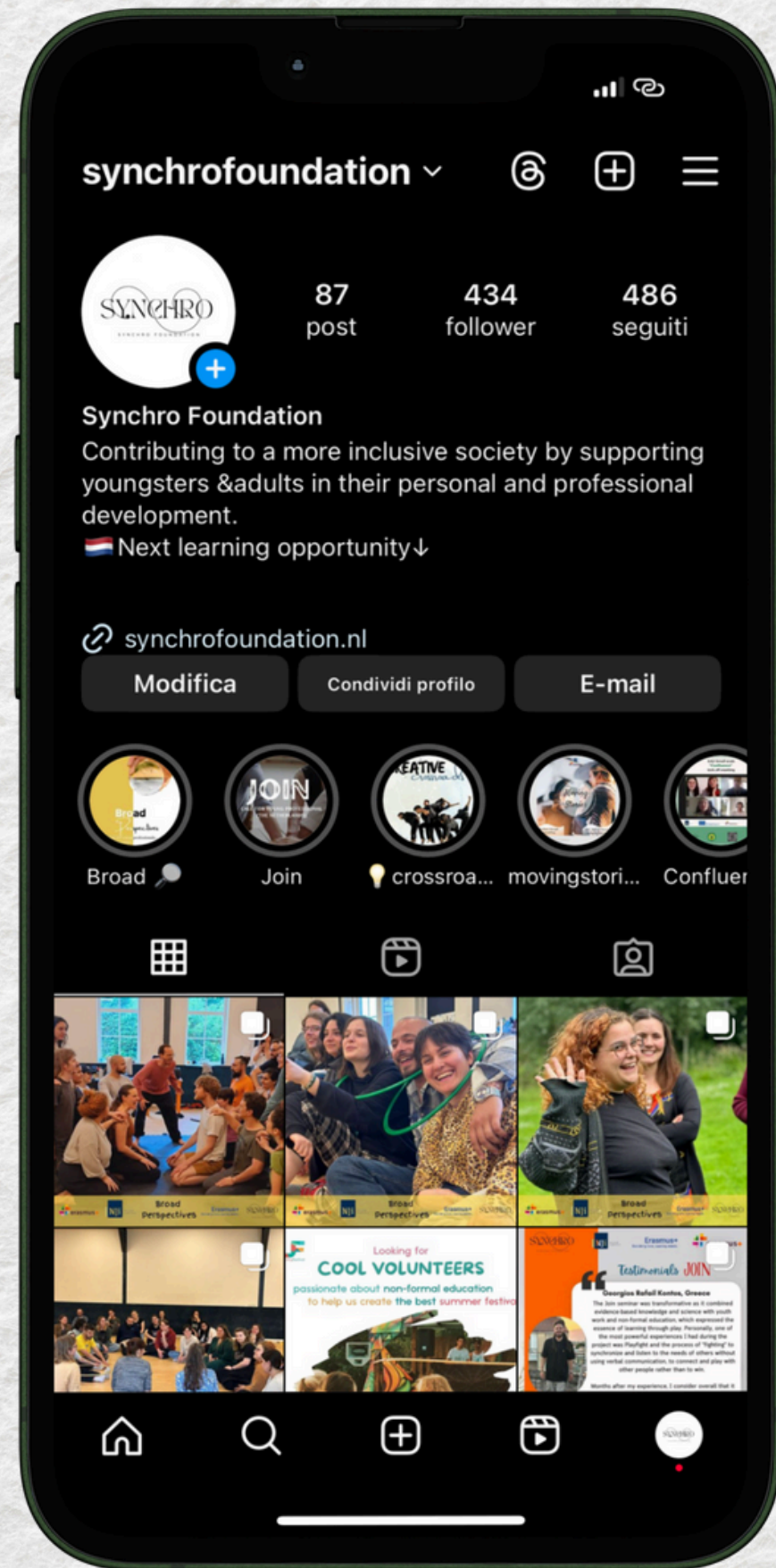
# SHOW OFF

If you want to register, you can complete the application form by clicking hereby



If you are selected, you will receive more information about your participation in the phases of the project, practical information, and next steps.





If you have further questions/ curiosities, reach us at



[www.synchrofoundation.nl](http://www.synchrofoundation.nl)



[info.synchrofoundation@gmail.com](mailto:info.synchrofoundation@gmail.com)



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